

23rd to 29th May 2010

Train in Spain

Train with David Tilbury-Davis of PhysFarm Training Systems and Catriona Morrison the current European Duathlon Champion and 4-time Ironman 70.3 podium finisher

Malaga presents an idyllic training setting. Athletes will take in the fantastic surroundings on routes regularly used for the Tour of Andalucia and The Vuelta a Espana, not to mention British Triathlon's

Winter Training Camps. The Idlebreaks facility provides a gym, an outdoor 25m pool, a cold plunge pool and a jacuzzi to help relax after serious training!

Join us for an experience not to be missed!

Typically the camp will involve the option for the any/all of the following:

- Sessions structured to individual needs
- 4-6 coached swim sessions including 1 video analysis session, with group discussion
- 3 x 1 hour evening presentations on topics of your choice (e.g. nutrition, strength training, running, bike skills, swim video analysis)
- 3-4 x supported morning run sessions
- 1 x structured run session looking at drills and technique
- 3-5 x structured bike sessions (these would form part of the group rides)
- 1-2 x open water swim training
- 1 x bike fit session for those that bring their own bikes
- 1 x Duathlon (run / bike / run) training session

Plus included is:

- Transfers to/from Malaga airport (NOT flight)
- Accommodation & all meals
- Support and guidance on all rides and runs
- Also each athlete will get a personal consult with the coaches to discuss their training and races if requested

Cost: £499



To register or for more information contact David at: david@physfarm.com

PHYSFARM www.catmorrison.com